

**ABSTRACT OF THE DISCLOSURE**

A golf shoe cleat has a main body member having a dome-shaped outer face and a planar inner face, a threaded stud molded integrally with the main body member and projecting outwardly from the inner face. A plurality of pseudo pyramid-shaped teeth projecting around the perimeter of the main body member, each of the pseudo pyramid-shaped teeth having an outward angle to provide lateral stability and traction through the plane of a sports swing. The traction teeth have a low profile to reduce damage to putting green surfaces for example. An anti-debris ring is formed on the peripheral edge of the planar inner face. In this position, the anti-debris ring tends to prevent the edge of the cleat from separating from the sole of the golf shoe thereby foreclosing the entry of debris underneath the cleat. At the same time, when the cleat is snugged down by the application tool, the pressure causes the ring to more closely hug the sole and precludes the entry of debris.